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Fort Worth, Texas  
January 14, 1945.

Fort Worth, January 14 -(USDA)-

There are so many good buys on the fruit and vegetable market this week I would not attempt to point out any one as the "best buy". There is an abundance of these commodities, so reports Paul R. LeGer Federal Food Reporter of the U. S. Dep't. of Agriculture.

Fresh vegetables are mostly coming from the Rio Grande Valley of Texas. Apples from the Northwest, potatoes from the North and from the West. Citrus fruits of all kinds from Texas, California and Florida. Lettuce on the local market is practically all coming from Arizona right now although California is also shipping many cars. The quality of all fruits and vegetables are fine and prices as low as can be expected. Some are really bargains. Oranges and Lottuce are considerably lower priced than a few weeks ago and celory has likewise declined somewhat. The potato and applo market has remained rather steady most of this winter. Sweetpotatoes are coming mostly from East Texas, some from Louisiana and some home grown stock is still available. Some locally grown spinach, turnips and turnip greens are still coming in. Speaking of turnip greens reminds me of that grand old dish "corn pone and pot licker". Strawberries and New potatoes have been on the market for a couple of weeks although the supply is not too great at this time.

Mr. LeGer adds, just as a reminder of the abundance of these commodities, that on the markots right now the shopper will find from 35 to 40 different fresh fruits and vegetables in quantities large enough to supply the demand.

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Fort Worth, Texas  
January 21, 1943

Fort Worth, Jan. 21 (USDA)

Carrots, that colorful vegetable with the colorful career. Years ago in England, carrots grew wild and English ladies at one time used the tops as a substitute for plumes in their millinery. Later they were cultivated as a feed for cattle and finally regarded as being fit for human consumption. Now thousands of acres are planted to carrots in this country annually and this week they are in abundance and a good buy on the local fruit and vegetable markets says Paul R. LeGer, Federal Food Reporter for the Food Distribution Administration of the U. S. Dep't. of Agriculture.

Carrots are mostly coming from the Rio Grande Valley right now. Prices declined considerably the past week and are within the reach of everyones wartime food budget. Fine quality, tasty, streamlined by nature, and that yellow-orange colored skin covers a multitude of Vitamins. Cooked, raw, or in soup, carrots rate high in food value and are a good source of Vitamin A.

Collards, a headless form of cabbage, related to the cauliflower, broccoli, brussel sprout and kale families, are also plentiful and another "weeks best buy". Once only a poor man's food, the value of collards has been realized and now it is enjoyed by all classes of people and rightfully so.

Although Irish Potatoes have advanced slightly in price they are still a good buy and contain plenty of food value for dollars and cents spent. Potatoes are always a good buy on any market. The local markets offer them from Maine to California and from the Canadian border to the Gulf of Mexico. Any and all grades and priced accordingly.

Mr. LeGer advises the housewife to not overlook the many good buys in fresh fruit and vegetables in making her tour of the markets but to take advantage of the many bargains offered.





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Fort Worth, Texas  
January 28, 1943

Fort Worth, Jan. 28 (USDA)

Many food items will soon be rationed, some are already scarce. With the continued drain on our food supplies by the armed forces, and they above all others, must be fed. But why worry about not being able to get enough to eat, says Paul R. LeGer, Federal Food Reporter for the United States Department of Agriculture stationed in Fort Worth.

Even in war time we have access to plenty of fresh fruit and vegetables at reasonable prices and in what other country in the world today can you do this. That is another advantage of being a citizen of a vast country like America where there are many different climates. Housewives shopping for wartime foods should find plenty to choose from this week. Fresh vegetables of many descriptions are pouring in from the Rio Grande Valley and the quantities will increase with the coming weeks. California, Florida and a few other sections of the country are also sending us these commodities and soon the states of Louisiana, Mississippi and others will add to the list.

Right now, in mid-winter, you will find carrots, cauliflower, turnips, many varieties of greens, beets, lettuce, celery, potatoes, sweetpotatoes, strawberries, apples, pears, peppers, green beans, citrus fruits, avocados and many other items fresh from the fields. Cabbage is a very good buy at this time and perhaps heads the list as the best all around bargain. Low priced, fine quality, old crop and new crop are available. There are many different ways to prepare it. Mr. LeGer says the one thing to remember in cooking cabbage is "do not overcook it". Cabbage should be cooked "minutes" not "hours".

